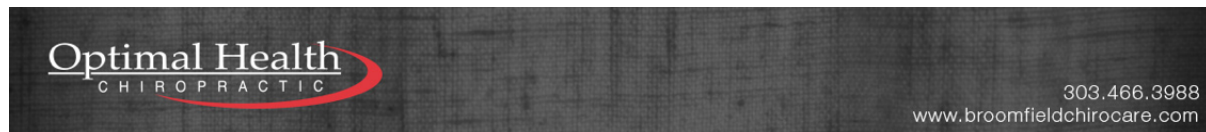


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## The Top 10 Reasons to Visit Your Chiropractor Over The Holidays



December is such a fun time of year. Get together, celebrations, time with friends and family are all positive things, but they can wear on your body. Because everybody loves a top 10 list - below you'll find the top 10 reasons you should visit Dr. Chris over the holidays!

**1. Stress:** The holidays can be exceedingly stressful. Travel, buying gifts, and dealing with family can all lead to added stress. When you are stressed your body deals with it by tensing up. This can lead to headaches, neck pain, low back pain, digestive issues and poor sleep. Chiropractic treatment can help to relieve stress related tension in the shoulders and back therefore decreasing the symptoms related to stress and tension.

**2. Travel:** Thanksgiving through Christmas is the busiest time to travel and traveling can be hard on your body. Whether it's carrying heavy bags, waiting in long airport lines, being delayed at airports, sitting in tiny seats or riding in the car for long road trips, these activities all effect your back. Adjustments and muscle treatment can help prevent problems before you travel and fix them when you get back.

**3. Illness:** The holidays also bring with them cold and flu season. Spending lots of time inside, decreased immune system and vitamin D, exposure to more people and more germs can all lead to more illness over the holidays. Getting adjusted boosts the sympathetic nervous system which controls the immune system. This boost could help fight off nasty bugs during the holidays.

**4. It May Be Cheaper:** At the end of the year you may have FSA or HSA money leftover to spend before year end. Treating yourself to an adjustment or prepaying for adjustments next year might be a good way to use the remainder of that money. Also, if you have received healthcare during the year your deductible may be met and your copay may be reduced.

**5. Raking, Shoveling and Bad Weather:** Raking and shoveling both cause a twisting force in the lower back which can cause inflammation in the lumbar spine and the large joints between the sacrum and pelvis. Icy sidewalks and driveways can cause slip and falls that can jar the spine, even if you don't hit the

ground and may cause inflammation in the spine.

**6. Upset Stomach:** The holidays are when we usually throw our eating plans out the window. We eat more food in general but more specifically, we increase intake of bad foods. Sugar, alcohol and fatty foods all are more prevalent during the holidays which can lead to digestive discomfort. Chiropractic adjustments in the lower back can effect the nerves going to the stomach and intestines thereby helping your digestive system to stay on track.

**7. Headaches:** Headaches can come on during the holidays from dehydration, stress, travel or sleeping in unfamiliar places. Headaches usually have a musculoskeletal component to them stemming from the neck and upper back. Keeping the neck and back moving fluidly can help prevent these headaches.

**8. Decorating:** Climbing on the roof, digging through boxes, untangling lights these are all not normal, daily events. These activities may inflame old injuries or bring about new ones. It is best to get these injuries treated immediately as soon as they start, so you don't have to spend the holiday season in discomfort.

**9. New Workouts:** As soon as the New Year starts, most people try to vigorously lose the holiday weight. Start off slow with your workouts and keep in mind, if your body is not used to working out, you may acquire new aches and pains. It is best to not push through injury, but to get the injury treated so you don't further damage the area.

**10. It Just Feels Good:** You treat everybody else during the holidays but who is taking care of you. Sometimes it just feels good and makes you happier to be adjusted and feel loose. Come in and get an adjustment to improve your holiday spirit so you can have a great month.

Here's to happy, healthy holidays for you and your family!

- Dr Chris



Holiday Office Hours



We Now Have More Availability!

### Holiday Office Hours

With the upcoming end of the year holidays, we have some changes to our office hours that you'll want to pay attention to, to make sure you get your adjustments in and you're feeling your best.

### We Will Be Closed:

Thursday, December 22nd

Monday, December 26th

And the AFTERNOON ONLY of Thursday December, 29th (we will be open in the AM)

Monday, January 2nd

Give us a call to get your appointment time set up or schedule online: [optimal-health-chiropractic.booksy.com](https://optimal-health-chiropractic.booksy.com)

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### **Optimal Health Massage Therapy Now Has Massage Services with Sierra**

If the holiday season is leaving you feeling tense, the great news is Optimal Health Massage Therapy is growing and our newest therapist, Sierra, will be offering Saturday massages, starting Saturday, December 3rd.

Besides being a licensed massage therapist, Sierra also is a certified medical massage therapist with a strong background in helping patients with chronic pain (including Fibromyalgia) and injury. If you have been in for a session with Elizabeth, you will find Sierra's massage style to be a very similar experience - addressing problem areas to alleviate pain while also providing an amazingly relaxing experience. Sierra will also provide the same services Elizabeth offers including traditional massage therapy, prenatal, and hot stone massage therapy, plus our standard upgrades. Sierra also enjoys working with pediatric clients as well.

We are so excited to welcome Sierra to the team and for you to get enjoy the massage experience she creates for each client. As always, you can schedule online or call or text us at 720-610-2726. (Sometimes we have more times available than you can see online, so when in doubt, reach out!)

<https://www.massagebook.com/biz/OptimalHealthMassageTherapy>



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